



NEVADA WIC PROGRAM

APPROVED FOOD

LIST 10/1/2026

No organic unless specified

MILK – PASTEURIZED AND FORTIFIED

Milk Benefit Issued	Types You Can Buy	Forms You Can Buy
Low-fat (1%) Non-fat (Skim)	•Regular Cow's Milk •Cultured Buttermilk •Lactose-Free Cow's Milk* •Meyenberg Goat's Milk*	• Fluid-Refrigerated • Evaporated/Canned • Dried/Powdered
Reduced Fat (2%)*	•Regular Cow's Milk •Lactose-Free Cow's Milk*	No flavor added or enhanced milk
Whole Milk	•Regular Cow's Milk • Lactose Free Cow's Milk* • Meyenberg Goat's Milk* • UHT Milk*	*Can only be purchased if assigned on your benefit.
Any Brand No grass-fed, high-protein style or organic Cultured and acidified buttermilks, kefir and acidophilus milks are allowed. Please submit any requests to approve one of these milks through the WICShopper app using "I couldn't buy this!"		
Milk Math		
Gallon	1 gallon	
Half gallon	0.5 gallons	
Quart	0.25 gallons	
12 oz. evaporated/canned	5 cans = ~ 1 gallon	
9.6 oz. dry/powdered	0.75 gallons	
25.6 oz. dry/powdered	2 gallons	
12 oz. evaporated goats milk	0.75 gallons (4 cans for 3 gallons)	

CHEESE – PASTEURIZED AND DOMESTIC

Block, Shredded, Sliced, Cubed, or String Cheese

Regular, low-fat, reduced fat, less or light in sodium, fat, or cholesterol
8 or 16 ounce packages

Any Brand

Cheddar Colby Processed American Brick Mozzarella Muenster
Provolone Swiss Monterey Jack

May choose any combination of the choices listed above (i.e. Cheddar Jack)

No cheese foods, products, spread, flavor added (i.e., smoked, Pepper Jack), imported, service deli, individually wrapped, or imitation cheese products

YOGURT - PASTURIZED

Buy only the fat type specified on your benefit

Up to 32 oz. containers

Activia, Bethel, Better Goods, Brown Cow, Chobani, Dannon, Dannon Danonino, Fage, Food Club, Great Value, Greek Gods, J&J, Kroger, LaLa, Lucerne, Mehadrin, Mountain High, Nancy's, O Organics, Oikos, Siggis, Simple Truth, Stonyfield, Sunnyside Farms, Tillamook, Wallaby Aussie, WinCo, Yoplait, Yoplait GoGurt, Yoplait Oui, or Zoi

Greek-style Approved

May Be Organic

No Light Yogurts

SOY BEVERAGE

Quart, half gallon carton, 3 quart or aseptic container

Silk Soy Milk Beverage	8th Continent or Pacific Natural Beverage
Original, Unsweet and Vanilla flavor only	Original or Plain only

BREAKFAST CEREALS FOR WOMEN AND CHILDREN

COLD CEREAL

Specified Brands Only

9-36 oz containers

No individual servings

*indicates whole grain

Essential Everyday

Bran Flakes, Raisin Bran*

First Street Crisp Rice, Raisin Bran*, Frosted

Shredded Wheat - Bite Size*, Bran Flakes*, Toasted Oats*

Food Club

Crisp Rice, Frosted Shredded Wheat*, Toasted Oats*, Bran Flakes*

Freedom's Choice

Frosted Shredded Wheat*, Toasted Oats*, Bran Flakes*

General Mills

Bluey Cereal*, Cheerios* (Original, Heart Nut Medley, Multi grain, and Veggie Blends), Chex* (Blueberry, Cinnamon, Corn, Rice, Strawberry Vanilla, and Wheat) Kix* (Original, Berry Berry, and Honey), Total Whole Grain*, Wheaties Original*, Fiber One Honey Clusters*, Mott's* (Apple Cinnamon, Very Berry)

Grain Berry

Apple Cinnamon*, Cinnamon Frosted*, Bran Flakes*, Honey Nut Toasted Oats*

Great Value

Toasted Oats*, Frosted Bite Size Shredded Wheat*, Corn Flakes, Corn Squares, Rice Crisps, Rice Squares, Raisin Bran*

Kellogg's

Corn Flakes, Crispix, Special K Original, or Frosted Mini-Wheats*(Original, Blueberry Muffin, Pumpkin Spice, Pumpkin Pie, Strawberry, and Cocoa), Frosted Mini-Wheats Little Bites*, Raisin Bran*, Raisin Bran Touch of Cinnamon - Protein*, Rice Krispies, Special K* (Original, Protein Touch of Cinnamon, Banana Nut Bread - Protein)

Kroger

Bran Flakes*, Crispy Rice*, Oat Squares*, Toasted Oats*

Malt-O-Meal

Raisin Bran or Frosted Mini Spooners* (Original)

Post

Raisin Bran*, Bran Flakes*, Grape Nuts*, Grape Flakes*, Great Grains* (Banana Nut Crunch, Almond Crunch, Crunchy Pecan, Raisin Date Pecan, Red Berry Almond Crunch), or Honey Bunches of Oats (Honey Roasted, Oats with Almonds, Maple & Pecan, Strawberry, Vanilla)

Quaker

Life Original*, Mighty Life* (Mixed Berry, Very Vanilla) or Oatmeal Squares* (Brown Sugar, Cinnamon, or Honey nut)

Raley's

Bran Flakes*, Frosted Shredded Wheat - Bite Size*, Toasted Oats*, Wheat Flakes*

Sunny Select

Toasted Oats, Frosted Shredded Wheat*, Frosted Shredded Wheat - Bite Size*, Bran Flakes

Signature Select

Bran Flakes*, Crispy Rice, Frosted Mini Wheats - Bite Size*, Toasted Oats*, Raisin Bran*

WinCo

Frosted Shredded Wheat - Bite Size* or Toasted Oats*

HOT CEREAL

Specified Brands Only

9-36 oz containers

Cream of Rice

Cream of Wheat 2 1/2 min, Whole Grain 2 1/2 min*

Quaker - Grits (Original, Butter, Cheddar Cheese, Country Bacon, Cheese Lovers, Flavor Variety), Quick Creamy Wheat Enriched Farina

Instant Oatmeal* – Food Club, Kroger, Quaker, Raley's, Signature Select, Sunny Select, or WinCo - Regular or plain

INFANT FORMULA

Only brand, type and size specified on benefit

No substitutions at store

INFANT CEREAL

Oatmeal, Rice, Whole Wheat, Mixed/Multi Grain, Grits

8 and 16 oz. containers

Earth's Best or Gerber

Plain varieties

May be organic

No added formula, flavoring, fruit, or non-cereal ingredients

No squeezes, pouches, jars or packs

No enhancements like DHA, prebiotics or probiotics

INFANT MEATS

Available to fully breastfed infants only

Beech-Nut or Gerber

2.5 oz jars, Multipacks that add up to 40 oz

Single variety meats only

Stages 1 and 2

May have added broth or gravy

May be organic

No squeezes or pouches

No dinners or meat sticks

No enhancements like DHA

INFANT VEGETABLES/FRUITS

Beech-Nut, Earth's Best, Gerber, Happy Baby, O Organics, Simple Truth Organic, Tippy Toes, or Parents Choice

3.5 oz, 4 oz, multi-packs that add up to 7 oz, 8 oz, 16 oz, 32 oz, 128 oz

Vegetables and Fruit – single or mixed varieties
Stage 1 and 2

May be organic

No squeezes or pouches

No dinners, desserts, or added cereal

No enhancements like DHA

100% WHOLE GRAIN CHOICES

WHOLE WHEAT & GRAIN BREADS

Up to 48 ounces

Loaf of bread, buns, rolls, bagels or English Muffin

Any brand

Whole wheat and whole grain naan and pita breads are allowed. Please submit any requests to approve one of these breads through the WICShopper app using "I couldn't buy this!"

RICE

Up to 48 ounces

Brown Rice, Wild Rice, Red Rice, Quinoa, Brown Jasmine Rice, Brown Basmati Rice, or varied blends of whole grain rices

Bagged or boxed

Instant, quick or regular cooking

Any brand

No bulk

No added sugars, fats, oils, or salt

Whole grain rices are allowed. Please submit any requests to approve whole grain rice or blends through the WICShopper app using "I couldn't buy this!"

TORTILLAS – SOFT

Up to 48 ounces

100% Corn or Whole Wheat Tortillas

Any brand

WHOLE WHEAT PASTA

Up to 48 ounces

All shapes allowed

Any brand

Regular cooking only

No enhancements like DHA or omega-3 added

No flavored pasta (garlic herb, spinach, etc.)

OTHER WHOLE GRAINS

Up to 48 ounces

Choose from these whole grains: Quick, rolled, overnight, steel-cut and old-fashioned oats, bulgur, corn meal, corn masa flour, farro, or barley

Any brand

Bagged or boxed

May be instant, quick, or regular cooking.

No bulk

Other whole grains such as amaranth, buckwheat, kamut, millet, sorghum, teff, wheat berries, or triticale are allowed. Please submit any requests to approve one of these whole grains through the WICShopper app using "I couldn't buy this!"

LEGUME CHOICES

PEANUT, NUT AND SEED BUTTERS

16 – 18 oz. jar

Peanut Butter - Any brand

Almond Butter* - Open Nature, Simple Truth

Sunflower Butter* - SunButter

Unflavored regular or natural; smooth or chunky; salted or unsalted (low sodium); regular or reduced fat

No jelly, honey, honey roasted, chocolate or marshmallow crème added

No peanut butter spread (palm oil)

*If you want nut and seed butters instead of peanut butter, contact your WIC clinic. Other nut and seed butters may be approved. Please submit any requests through the WICShopper App.

BEANS, PEAS, AND LENTILS

Canned: 15- 16 oz.

Dry: 16 oz package

Any brand

May be regular or lower in sodium

May not contain added sugar, fats, oils, vegetables, fruits or meats

EGGS

1 Dozen (12 eggs)

Medium, large, x-large, jumbo

White or brown

No specialty, added vitamins or minerals

TOFU

16oz containers

Azumaya, Franklin Farms, House Foods, O Organics

May be organic

*If you want tofu instead of milk, contact your WIC clinic

CANNED FISH

Chunk Light Tuna, Pink Salmon, Mackerel, Sardines

Up to 20 oz. cans or pouches

Any brand

May be packed in water or oil

May include bones or skin

Sauces, flavorings ok (e.g. tomato sauce, mustard, lemon)

No specialty fish (pole-caught, specialty oils, added ingredients like peppers or capers, unique preparations)

No Jack Mackerel

100% JUICE

64 oz. Plastic Bottles Only

Any flavor or blend

Apple and Eve, Campbell's, Essential Everyday, Freedom's Choice, Food Club, Great Value, Juicy Juice, Kroger, Langers, Libby's, Motts, Northland, Ocean Spray, Old Orchard, Raley's, Ruby Kist, Signature Select, Sunny Select, Smart Way, Springfield, Tree Top, Tropicana, Welch's, and WinCo

Pasteurized, 100% unsweetened fruit/vegetable juice

Juices fortified with Calcium and Vitamin D OK

Vegetable juice can be low or regular sodium

No juice drinks, cocktails or lite juice

No Fusion (for example V-8)

No DHA added

No refrigerated juices

VEGETABLE AND FRUIT BENEFIT

May be any brand, size, or variety

FRESH VEGETABLES & FRUITS

Whole, precut, shredded or packaged

Salad and vegetables in a bag

Party trays ok without dips, sauce etc.

Organic ok

Fresh herbs (like cilantro or parsley)

No fruit baskets, decorative vegetables and fruits, or items from the salad bar

No added dressing or dips

No added nuts, dried fruit or croutons

No spices or dried herbs

No plants

CANNED VEGETABLES & FRUITS

Fruit or vegetable must be the first ingredient

May be water or juice packed

Any type of container, including plastic multi-packs

Natural or unsweetened applesauce is OK

May be regular or low sodium

Canned vegetables without added fats or oils

Canned tomatoes may be diced, whole, crushed, puree, paste

Salsa is OK without added sugars, fats or oils

Organic ok

No vegetables mixed with beans like kidney beans or black beans

No pickled, creamed or sauced canned vegetables

FROZEN VEGETABLES & FRUITS

Whole, cut, or mixed frozen fruits or vegetables

Organic ok

No sugars, fats, or oils

No added rice, pasta, meat, nut, or noodles

No battered or breaded vegetables



For more information on WIC-eligible foods, please go to:
<https://hub.nevadawic.org/wic-foods>

This institution is an equal opportunity provider.